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Proceeds help make children's dreams come true
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Earl loved playground
It is possible even during the winter months
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WEDNESDAY, OCTOBER 22, 2012

CUMMINGS COLLEGE, KITCHENER, ONT.

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CUMMINGS COLLEGE, KITCHENER, ONT.

IT'S MONSTER MADNESS IN ELORA

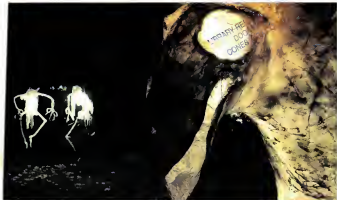


PHOTO BY WENDY DODGE

Glow-dripping ghosts and goblins light up the night at Tim Mortimer's Twilight Zoo, located at the Elora Centre for the Arts. The exhibit runs until Oct. 31. For story and more photos, see Page 6.

New shuttle services residence, new campus

BY MIKE VIELLA

Cummins College's new shuttle service is providing a new shuttle service that gives for students, staff and faculty who have valid student and employee ID cards. The new shuttle does a pick up every 30 minutes in four locations, the Cummins residence front door bus stop, outside Room 1, Freeway and Room 1 and at the front entrance bus stop at the new Cambridge campus. The maximum capacity is 30 people with no standing passengers.

The service starts at 8:05 a.m. every day at residence and bus to first drop-off at 8:55 p.m. except on Fridays when it ends at 1:30 p.m.

Along with this new service, Cummins has expanded its parking lots. It no longer takes 30 plus minutes to get off campus.

Five weeks into the fall

semester, the majority of students and new staff with their schedule. That means positive improvement for the parking lot congestion most especially after 3 p.m.

Mark Raskin, Cummins' security and parking services supervisor, said another reason the expansion is necessary is because students have not classroom who they are able to stop with it makes the ride to and from school more enjoyable and safe than on the shoulder of one place in and out of the parking lot every day.

Time after time students and staff after many years to the parking services department to keep the traffic flow smooth and steady.

"It is important almost every year that we keep with it either an entry or exit from the parking lot and use a pay as you go method. However,

the traffic congestion would be much worse than of our residents," Raskin said.

The new staff drivers who don't follow regular times are being trained every day.

"It is not unusual to have 200 tickets a day," she said. People are given tickets for not having a permit, parking in a lot with no hand sign space, parking in the wrong lot and having their permits to move a lot.

Although it is still a bit of winter is fast approaching Winter driving can slow down traffic because people drive more carefully with the slippery road conditions.

"The facilities management works very hard to ensure that our covered roads are safe and clean," Raskin said.

Every year there are always more winter hazards in the



PHOTO BY MIKE VIELLA

The new shuttle serves Cummins College's Orono campus after making a stop at the I-405.

parking lots. It is necessary for students and staff walking to class and reaching home. In the past year, there

have been no injuries and only minor damage to vehicles in parking lot accidents, Raskin said.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's your favourite scary movie, and why?



"Saw. It's so good and I'm afraid it could actually happen to me!"

Sam Davis,
first-year
health information
management

"Personal Activity. It's so realistic and it makes me look in my closet for starters."

Bria Pridem,
second-year
graphic design



"It. Because I'm terrified of clowns and I like being scared."

Corley Jackson,
third-year
office administration
science



"The Creative. I like movies that are really suspenseful and creepy."

Taylor Armstrong,
second-year
multimedia television



"What User Beware! It was the first movie that actually scared the crap out of me."

Cassandra Taylor,
second-year
marketing



"Alien. Not seeing the alien was the scariest part."

Brooke Book,
second-year
advertising and marketing
communications



Send Conestoga questions to our web page!

Flapjacks anyone?

Students flip 20,000 of them

BY WENDY GRADHAM

As many of you were just before our warm beds on Oct. 6, first-year culinary students from Conestoga College were up in the wee hours of the morning preparing pancakes and waffles for the 21st annual *Onionhead Family Breakfast* at Waterloo Public Square.

"I got here on 5:30. I was working last night and pretty much had a three-hour nap and then came here," said Jimmy Peters, a student in the culinary program.

Chef Philippe Berman had to get up in the rain the night before and arrived at five that morning. "It has to be fresh," Berman said.

When asked if this was a requirement for the program, Philippe said, "It's volunteer work, but there don't have a choice." He then elaborated on why. "It's a competitive restaurant and the students have to do it to give back to the community."

Ryan Lajunen, while in the one-year chef training program, said, "It's so much fun and all our chefs are passionate about it."

Many students came back after graduating, including some who have gone on to open successful businesses.

Berman constantly checks roster lists out of his way to mention those who had been standing in line for almost an hour. Having one of his students stand a metre or two away, he teased a panache that she had to stand with a tray. After succeeding, he had her step back so he could throw another one, repeating the process until she moved.

"This has been a bad students flipping and cooking approximately 20,000 pancakes and 6,000 waffles. Local radio celebrities served them along with soup and Wellesley apple cider."

Berman, the program coordinator, has made pancakes at the event for 15 of the 21 years it has been held.

Eric Brown, a second-year student in culinary management, said, "My group just finished on Friday so I was



PHOTO BY WENDY GRADHAM

John Tjepman is a student in the culinary program. Although he cooks a pancake, instead by Chef Philippe Berman Oct. 6, Berman also says the key to the Flapjack success at the challenge of making them become faster.



able to make. It's just one of those fun things that I just love to do."

Although the event was free,

patrons were asked to bring a non-perishable food item for the Food Bank of Waterloo Region.

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Social media a double-edged sword

Technology gurus explain its pros and cons at communications summit

BY IVAN DEWAN

From Facebook and Pinterest to YouTube and Twitter, social media is becoming a popular way for companies to target potential customers. On Oct. 11, more than 180 students and faculty from Concordia's School of Media & Design attended the college's inaugural Social Media Summit. Communication students listened to learn how.

The summit, which took place in the Blue Room from 2 to 4:30 p.m., was streamed live online and allowed viewers to submit real-time questions via Twitter. The college's second-year broadcast television students produced the event from start to finish.

Ryan Dennoth, co-ordinator of Concordia's integrated marketing communications program, said she pitched the idea for the event because of the ever-growing reliance of social media in marketing. It targeted not only the students in her program but those in public relations and advertising as well.

Dennoth, who has a background in public relations and organized the event, shared social media to the moving sidewalk in corporate "social media is a particularly scary" she said. "The ground is always moving underneath your feet, so I think it is something we're going to have to continue to address."

The summit featured three keynote speakers who covered everything from how to use Facebook to increase sales to using Twitter responsibly, as well as a panel discussion featuring experts from various corporations and non-profit organizations.

Shawnita (Shawn) Atypalla, a digital engagement specialist with Creative Impact, kicked off the event by explaining how Facebook, an app which rewards customers for "checking in" at local businesses is revolutionizing reputation as simple as stamp out. By using the line app, she said, businesses can attract cus-

tomers who never would have found them. Atypalla said Facebook is a great tool because it engages the users and can use user comments to shift the mix of traditional advertising.

"When you check into a place to redeem a special, you have to actually interact with a member of the staff," he said. "And in that moment of interaction, businesses can really convert those customers into brand advocates and perhaps even delight them."

According to Jennifer Moss, founder and CEO of Spark Play Consulting, social media can be a double-edged sword. She talked about Twitter's potential to either bolster a brand or trigger a public relations disaster, depending on how it is used.

Moss, whose firm specializes in reputation management, said responsible use of social media is equally important for business employees. Three out of five employees, she said, check the Facebook and Twitter accounts of job applicants.

"Managing your digital footprint is what could get you the job or not," she said. The most full of students "There's a lot of power and opportunity in social media."

"Don't have pictures of you doing a keg stand," added Bruce De, a marketing partner at marketing firm StrategyGroup and former faculty member of Concordia College.

De said StrategyGroup, which he co-founded in 2008, is among the 60 pay rent of companies that check candidates' Facebook pages before interviewing them.

"Incidentally, we're hiring," he said. "And I am going to Facebook-creep you."

According to De, students should be blogging, tweeting and creating online content while they are in college or university so they have a portfolio to show potential employers.

"You're going to be separated by your ideas and what you've produced," he said.



PHOTO BY IVAN DEWAN

Shawnita Atypalla, a digital engagement specialist, describes how Facebook can boost business of Concordia's Inaugural Social Media Communications Summit Oct. 11.

"When I'm hiring, I look for substance in your personal life as well as your professional life," Moss added.

Lynne Frey, a first-year advertising student at Concordia, said when asked her most about the summit, was the impact YouTube could have on a business.

"It opens up lots of new ideas," said Frey, who wants her friend to running a catering business. "I got an idea about how to use video in advertising."

Dennoth, who plans on making the summit an annual event, said there was a lot of unknown to take away from it.

"I think the students who were there should have gotten a mix out of what they were hearing," she said, adding that the IMC program's Twitter account gained 20 new followers overnight. "I was really pleased at the end of the day with the speakers and the panel discussion."

Despite the limited success of the first summit, which drew 21 viewers, Dennoth said they will probably try it again next year.

"It wasn't as much as I would have liked but it is the first year for it," she said. "I think it has the potential to grow if it becomes better and established."

SEXY COSTUMES

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Kitchener
115 Mainline Rd.

Waterloo
7 King St. N.

StagShop.com

spoke videos

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- Check out the rough and tumble Tri-City Roller Skates at action
- Watch the music of Cambridge crew dance in music video for Meats or Weights
- Enter the world of optical illusion at a Concordia museum exhibit - can you see it?
- View Murphy Dumpley's great fall at the Concordia campus
- Visit Kitchener's latest arrival PumpkinFest
- See what Concordia students are doing for Halloween

Schools' food bans are just nuts

BY KATHARINE FORDEN

The days of spreading some peanut butter and jam on a few slices of bread and sending it in a paper bag with your child to school are long gone. Most of us know someone with a peanut allergy, and all of us as we well aware of the fact that that exists in most elementary schools now days. But this month an even more extreme measure was handed down from on high at a Kitchener Catholic school: kindergarten can no longer be allowed to bring food items containing dairy or eggs.

The parents of the affected boy's classmates were even given a list of allowable foods: soy yogurt and pudding, vegan instant noodles and substitutes, whole grain breads, a small list of allowed dairy meals and specific brands of soups such as soups. Most were expensive, more expensive and only able to be bought from specific stores.

They must be joking.

Amphiphony is serious, deadly serious, and we recognize that with parents of children suffering from potentially fatal allergies. Many of us even know those mothers, but children — growing children — must really be expected to eat practically vegan lunches, can they?

Peanut butter is sticky, it's oily and it can easily be transferred by little fingers. It is also a life threatening allergy. Not being amphiphobic to eggs and dairy is almost unheard of and to impose such demands for a new lifestyle onto 20 or more students due to one little boy seems like a knee-jerk reaction to an otherwise manageable problem.

Even the boy's father agrees. In a statement to the *Windsor Star*, he says that the school for him and his son is a violation of sending a problem for other parents. His simply wanted his child's classroom to be a safe haven, meaning students shouldn't be eating lunch on their bellies.

But this wasn't the school board's reaction. Because their policy is that kindergarten cannot eat separate from the rest of the school, they issued a ban instead.

What they need to do is change the policy instead of punishing new ones. When the children sit outside in the classroom, look, even have the chance to play with us as well as with some with a lunch bag or two.

The two sides should work together to come up with a compromise that works for all. Or even our students will be eating on solitary confinement.

The views herein represent the position of the newspaper, not necessarily the author.



A Kitchener school is now banning dairy and eggs from lunches.

The cost of our future

Chances of higher education limited by wallet size

Ever since we were young, we were told that education is important. It will get you a well-paying job and help you succeed in life. Don't get me wrong, everyone who told us that was right, however, not everyone can get that post-secondary education that they dream of.

The main reason is that the cost of tuition is rising fast. Every year students are expected to fork out thousands of dollars for an education to help them get a great career. That's all well and dandy if you have the money, but what if you don't?

Many students rely on OSAP, but unfortunately those students will be paying that off for years to come. Tuition alone is in the thousands every year and that doesn't include books, living expenses and transportation.

In my opinion I think we should be paid to go to school. I know that sounds a little far-fetched but could



Cailee Tinkler
Opinion

you imagine how many people would go to school and better their lives if they didn't have to pay. If there were no thousands of kids who have terrible jobs and would thrive with a better education but due to three-dimensional status they can't attend in post-secondary any studies.

There are so many students who deserve the right to go to school, so why charge so much money? It's used to tell kids all through grade school and high school that if they go to college for the job they want they'll be set for life. Presumably that's what I got out of high school, they constantly drilled into me books that it was necessary to go to college.

But if you can't afford

it and your parents can't either, what are you supposed to do? Yes, a part-time job will help but that money will be gone pretty fast and working a job and going to school is difficult, especially at certain times.

The school needs to make our parents proud in a way that's worth to keep us from going for the best. The worst thing you can hear is "You disappointed" from your parents. No one has heard of it, especially when it comes to education.

My point is, twelfth-century students deserve a higher education. Most of us want a future where we're not stuck doing a job we hate. Since we are going to be working for most of our lives we need to have all educational doors open to us.

We all deserve that chance to be the best at what we can be regardless of where we come from and the upbringing we got as children. Your financial status shouldn't define the rest of your life.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be notified of the publication. We assigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter. We publish five letters. If you have a letter to write, please email it to: spoke@spoke.ca with the subject line "Letter to the Editor," or bring them to Room 2020 at the Spoke campus.



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I was the night before puck drop

On a *Sports Illustrated* deadline, the NHL Players' Association and the NHL had not reached an agreement.)

Two the night before puck drop when all through the arena,

Not a player could be found, not even Pavel Bure. The rule had now paid and now that arena bought. In hope that hockey brawl men would be fought.

The commentator was needed all day in his bed. While voices of men butting danced on his head And I as my last penny had just melted in. For another regular season with lovely a win.

When out of NHL headquarters there came such a chatter

No game to be played, no even in Phoenix where games barely matter. Away to my television I flew like Gilgamesh. Thrued to spectators and said "Please say it too soon."

The light from the television blazed with its heat. As this McKinnis reflected my worst fate.

The owners looked off the dome and turned off the lights.

"Go away fans!" they shouted "we can not let your plight"

Cheers and players posted and fought. While the fans worried for the tickets they'd bought.



Rob Mendonza
Opinion

"More money," the arena crowd from their private yards. If we make any less, no central. From the players thought.

And on and on they fought like bulls. And used the fans as their bulls.

"Please" please" the fans cried, "I'm not here Saturday night. But owners and players used to the line "Go away, then is not your fight."

No Toronto No Montreal No New York or Boston. No Winnipeg. No Anaheim. No Vancouver or Edmonton. From the top of the podium. Between did call. "Now go away go away, go away all."

And as I sat and watched our game live. My heart broke I cannot lie. For if they could take away our game. Then there could truly be no greater shame.

There is a trickling it came to my brain. What can we do that will make them feel pain? What if we just stop buying their NHL stuff?

That would surely prove we'd had enough

No pagers, no coffee cups, no tapes or lunch bags. No foam cups, no key chains go ball caps or flags. To the top of my roof I shouted my plan. No more, no more, no more from this fan!

Then one by one the lights flickered on. Success! I ran to my door and out to my lawn. And went to my wondering you had appear. But a lone running between with a look of fear.

He was all dressed as Anakin from back to front. And accompanied with eight toy lawyers to boot. A crown and dement to what they had for me. "Stop this foolishness, or you'll be up a tree"

And so you may ask, what's all this? The owners and players were not for us. True this may be, but one thing they forget. If the owner stops coming they'll notice I bet.

And with that...

Boston spring to his feet, to his laptop he whizzed. Then they jumped to their feet and flew like a mouse. But I heard him cackle as they drove out of sight. "Maybe by Christmas, you'll see Hockey Night!



ZOMBIES INVADE CAMBRIDGE

Despite downtown lockdown, visitors captured a "Zombie Walk" in video cameras at origin downtown. There, Zombie special forces GIP Marie and right roller girl Jara Kade, are on the march for the first on Oct. 23. Bates, Zombies bring Ananda White and her boyfriend. Don't forget to bring your for their zombie wedding.

**PHOTOS BY
ROB MENDONZA**



COUNSELLOR'S CORNER: Change

As you begin your new semester at college, you will begin the process of change. Whether you are leaving your parents for the first time or you are parents leaving your children, the transition will feel exciting and perhaps a bit stressful too. Change means an ending, and even if you are welcoming the change, it's natural to miss your old ways and ways of doing things. William Bridges, who writes about transitions, says four things can help us through that uncomfortable time between the old and the new:

1. Try to do things that make you feel more in control, like getting the information you need to find your way around.
2. Understand that this is a transition time and if you feel overwhelmed, it doesn't mean going to school was a bad decision; you are just in transition.
3. Find support systems in your family, old friends, new friends, your teachers and counsellor.
4. Keep in mind your purpose in coming to school, focus on the outcome.

Remember you are not alone in this transition time. If you do need more support, talk with a counsellor in Counseling Services at your campus. Services are confidential and free.

A Message from Counseling Services.

THE MONSTER GUY RETURNS

BY ANDREW ADAMS

Darkness falls over the quiet village of Elora this month, with gnarling gnolls and goblins emerging ready to delight and frighten visitors at the Halloween Street scene, The Twilight Zone.

Looking about the grounds of The Elora Centre for the Arts, the man in knee to the waist of wax and paper sculptures representing everything from menacing monsters to misty maidens.

The creative mind behind these gothic-themed tableaux is none other than artist Tim Marston, whom the local children have affectionately dubbed "The Monster Guy."

It all began 16 years ago when Marston's doctor suggested he create something with his hands in order to help him relax. After working as a scenic artist on over 40 feature films, including *The Piano*, the movie business had taken its toll and had left him in need of a creative outlet.

"I made four little gnolls and hung them around my house down by the river, and the neighborhood went bonkers over them," said Marston. "In the next year I made a few more and I just kept getting bigger and bigger."

To create the sculptures, Marston makes a wire frame and then covers it with cheesecloth. Once the cloth is stretched and the form begins to take shape, it is glued into the frame. The sculpture is then built up with layers of paper and more glue, creating a suspended skin over the wire. While Marston said his very good lighting properties. After adding more layers of cheesecloth, normal tissue paper and even more glue, the piece is ready to be lit and take on a life of its own.

44 It's embracing the dark side and having a giggle. 77

— Tim Marston

"Working with wax is like drawing in wax," he said. "It's very immediate and expressive and when you stretch the paper over the wire, it stretches so it takes a minute of time."

People come from all over the area just to catch a glimpse of the artist's work, and many more after he is having a party and artistically receiving complaints. Marston said he realized he



PHOTO BY ANDREW ADAMS

Since artist Tim Marston, who took a part in Marlin Mowat's 2011 Halloween special, stands next to one with one of the dozens of Halloween sculptures he created for The Twilight Zone at the Elora Centre for the Arts. The exhibit runs until Oct. 28.

had a kind of responsibility to the community.

Marston's partner, Julie Denney, helped find, organize and manage volunteers and workshops for the Twilight Zone and Monster March Parade.

When the two met about six years ago, Marston had already created quite a collection of art.

"He was having kids come into his yard for a small fee in hopes of receiving the cost of putting it together," she said. "He wasn't making enough to even pay for his material, never mind the labor."

A natural problem solver, Denney suggested they move the art to The Elora Centre for the Arts.

"Since I had been doing the Monster March Parade for the previous two years," she said, "I combined the two into a new event called the Scare Fair, with all that it offers on one weekend."

The Scare Fair is a week-and-a-half Halloween event, organized by Denney each year, and includes a Monster March Parade down Mainville Street and along hill, leading guests to the main centre and the Twilight Zone. This year's fair was held from Oct. 19-21. Special guests included ventriloquist Tim Beland, the Puppet Master and musician Robyn the Idiotguitar.

Denney said the zoo is not only an incredible sculpture exhibit during the day,

but an outstanding lecture series at night.

"Tim is a very creative and talented artist," she said. "He is very charming, funny and does a little mad. He can focus on a creative project and produce things that are truly amazing."

Marston and his monsters are designed to be silly and applauded as people are inspired to go home and create their own.

In fact, the centre offered three lantern-making classes this year, with the Monster Guy as instructor.

"This year we did spiders and skulls and rats," said Marston. "People work hard and at the end of it they take something home that has been challenging and rewarding in the same way."

Inspiration for the exhibit came from Marston's love of the area he called home and his need for an escapee home in the autumn months.

From the end of summer until Christmas the village would experience a significant decline in visitors. Marston said he found Halloween was the perfect time to bridge the gap.

"In a great behavior in economic development through the arts and making the arts work," he said. "People who come to Elora expect something kind of weird and wacky. They come for something kind of experience, so we just give them what they want."

Marston said he sees the



PHOTO BY ANDREW ADAMS

A ghoulish sculpture gives through glowing jaws at Tim Marston's Twilight Zone in Elora.

work as a little window in the cultural calendar where everybody gets to be creative and makes sure he keeps the tables propped down so business can flourish.

"Take going to see art in a very glamorous environment, it's not like going into a gallery and looking at a painting on the wall," he said. "Tim is

good opportunity to support the arts and to see something that's kind of weird, but it's embracing the dark side and having a giggle."

For more information on Tim Marston's Twilight Zone, including ticket prices and directions to The Elora Centre for the Arts, visit www.twilightzone.ca.

Creative Costuming

You don't have to gut your wallet to dress up this Halloween

BY JOANNA DUTHER

Being poor isn't easy, especially when you have to buy that perfect costume.

Halloween is just around the corner and many of us are still deciding whether to cut out a costume or buy one.

Many money-mindedly the year, however, like how a costume piece can be reused as a feature of the costume for the way to go.

Thrift shopping is one of the greatest of budget-savvy shopping is a consequence

of thrift shop. According to the website, there are many treasures, such as old, very dirty, the costume and cheap items, which are perfect for a Halloween costume.

Joanna Dutcher, a 42-year-old Vancouver mother of two, said she would make her children's costumes rather than buy them.

"Costumes are expensive to buy, especially when you know that your child is only going to wear it once, so instead of buying a new

one costume every year, I make them from old and odds around the house, or I bought them from some place like Value Village, for maybe half of that," Robinson said.

"It's ridiculous to spend over \$50 on an outfit that your child will wear once and never again."

According to parenting expert.com it doesn't take a costume or tailor to create a great Halloween costume. The website advises to look at photos of costumes and then see if it's possible to make a

costume from things around the house.

Another way to save money this Halloween is to swap costumes with another family or to use hand-me-down costumes. According to parenting expert.com, using that item you have in days to whatever those older sibling, cousin or family friend has worn.

"If Night, a second-year student in Conestoga's production/business and communication program, said she prefers to make her costumes to help save money.

"I think that they (Halloween costumes) are overpriced that's the way. Especially when it comes to girls' costumes because you pay \$50 or so to wear hardly any clothes. It'd much rather make my own costume, use only things I'd and up around the house. I'd like if I were to make my own costume, I could make it do better than everyone else's," she said.

"Using them pre-made everyone looks the same. I'd rather stand out than be the same."



JOANNA DUTHER

You can still have a fun and unique costume by buying inexpensive materials and making one from scratch, such as the hamburger dress (bottom right) or using things you have lying around the house which was done for the zombie chapter girl (top left). Thrift stores are a great place to buy cheap clothing that you can't be afraid to cut up and get creative with.



October Workshops and Networking

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resources for career planning

on the Career Director's tab

(Once the Student Portal, click on the "Services" tab)



CONESTOGA
COLLEGE

100 St. George
London, Ontario

Halloween is looking very sticky but also very creative this year

BY ASHLEY DENNIS

Many people think of duct tape as something used only for handy repairs, but there is a whole other side to the sticky tape that not many people are aware of.

Duct is used due to its unique nature, thus in different colours, sizes, patterns, and that's why so many have assigned some people to get creative.

Crafters use the tape to make everything from decorative flowers and wallets to clothing and accessories, and this doesn't stop at one occasion for each item.

In Canada, these colourful tapes can be purchased in stores such as Michaels, Staples and Wal-Mart, and they range in price from about \$1 to \$2 for the basic colours such as red and blue all the way to \$15 and up for the new glow in the dark tape.

Once you learn the basics of working with duct tape, it only takes a little practice before you can move on to big projects such as creating your own costume.

Jonathan Webster, 32, of Philadelphia, Pa., got started creating with duct tape when

he was just 19.

"A friend of mine showed me a wallet that he had made. I thought it looked cool and so I went home and started making things, and have been doing it ever since. I keep doing it because I enjoy the creativity and being able to make things out of it," he said.

Webster now runs the most popular duct tape channel on YouTube where he posts duct tape tutorials and collection videos to show off what he's made and share others how they can make their own. You can see his videos at www.youtube.com/danwebster1.

Webster said he's never made a whole costume out of duct tape but he has made different accessories that could be used for Halloween.

"I have made a few different things that could easily be incorporated into a costume like a Captain America belt and shield, Thor's hammer and an Iron Breaker from Iron Man," he said.

Webster said making your costume out of duct tape has some benefits over purchasing a costume. "Using duct tape will make your costume totally unique and also gives you a

way of customizing it any way you like. It's also usually a lot cheaper than buying an entire costume and props."

Debra Pea, a 30-year-old Douglas resident, is a frequent Michaels shopper. She said she never thought of using duct tape to make a Halloween costume, but she thinks it's a good idea.

"It might be cool to create a mask or something from it. I came to Michaels and I recall all the different colours and patterns of tape that they have. There's definitely enough to work with," she said.

"I try to put as little effort into my costume as possible. Duct tape seems like an easy way to add some creativity to a store bought costume," Pea said.

Duct tape isn't only for Halloween costumes; it can also be used to create decorations or even to embellish a pumpkin. Duct helped turn a contest made just for pumpkins decoration the current contest on creating costumes until Nov. 1.

For the rules or to enter your own pumpkin, visit the Duct Duct page at www.ducttapeandyou.com/contests or check out facebook.com/ducttapeandyou.



PHOTO BY ASHLEY DENNIS

It's amazing what people have learned to do with duct tape. Such a simple item has transformed itself to now a staple in fashion.



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All events hosted in the Student Life Centre
(unless otherwise noted)

UNITED WAY DAY

11am - 1pm

Hosted by United Way
Student Committee

KNOW THE LYRICS

FUNDRAISER

12pm - 1pm

6 WINGS

Hosted by Business Foundations

SPORTS DECATHLON

FUNDRAISER

12pm - 1pm

Hosted by Business Foundations

NOVEMBER

PUMPKIN CARVING

FUNDRAISER

10am - 2pm

Hosted by
United Way
Student Committee

SPORTS

FUNDRAISER

12pm - 1pm

Hosted by
Human Services
Foundations

MURPHY WRAP

FUNDRAISER

12pm - 1pm

Hosted by
Human Services
Foundations

PUMPKIN

APOCALYPSE

FUNDRAISER

12pm - 1pm

Hosted by
Human Services
Foundations

SILENT AUCTION

& FISH POND

FUNDRAISER

10am - 2pm

Hosted by
United Way
Student Committee



Participants arrive at their walk during Kitchener's Wish-a-ake Walk for Wishes on Oct. 22. The walk raised money for the Children's Wish Foundation of Canada.

Making wishes come true

BY ELYAN RADZINSKI

Kitchener's streets were filled with walkers on Oct. 22 as people came out en masse to support a good cause, Kitchener's Wish-a-ake Walk for Wishes.

Approximately 300 "Wish-a-akers" took part in a walk around the streets of Kitchener near the Kitchener Memorial Auditorium Complex to help raise money for the Children's Wish Foundation of Canada (also known as Children's Wish).

Children's Wish aims to give kids living with life-threatening illnesses with the chance to have their wish granted and enjoy something that will increase their happiness.

These wishes come in three categories: travel, gear or celebrity. Once a child has had her wish medically approved, she gets to choose a wish in any of the three categories. The cost of a wish, on average, is about \$10,000, said the foundation, such as the Wish-a-ake Walk for Wishes, all the more important.

Wish Ontario led the family around the walk — their sixth time now — and they know the importance of raising funds for all children.

The walk became more important to the family when their daughter became sick. The experience of having to take her in and out of hospital beds opened the family's eyes toward children who were struggling with illness.

"It's hard to look at kids who are really sick and not feel sympathy," said Collins. "When you see some of these kids go through needs as their kids helping out."

At the end of the walk, all

of the participants went back to their starting location, the Kitchener town hall at the west end of the complex, to celebrate.

Participants were served lunch and snacks but the volunteers were also treated to a full featured meal. Speakers on site of which was a family who experienced first hand the importance of Children's Wish.

"The success that is exhibited at the event is just unbelievable," said Anne Forth, regional executive for Children's Wish in Kitchener and also organizer of the event. "It is especially emotional for the families who have had a child in a serious illness."

Every year there are thousands of Canadians between the ages of three and 17 who are diagnosed with life threatening diseases and cancer. Children's Wish has granted over 10,000 wishes.

The event is of great importance to Children's Wish — it is the largest of their national fund-raising events. The walk has a direct effect on how many children actually get the opportunity to have their wishes granted.

The Ontario branch of the organization has over 500 pending wishes, 75 of which are from the Kitchener-Waterloo area. These kids are depending on the success of Kitchener's event.

Books hopes this year's walk will raise around \$10,000, which would be up from last year's total of \$20,000. She says more people to come out and participate in future walks.

"It's hard to not want to come out," said Books. "When people come they say that they can't believe how much the day is."

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Breast reconstruction a viable option

BY JESSICA BISHMAN

For many women who have been diagnosed with breast cancer, a mastectomy is considered an eternal loss of their breasts, but it doesn't have to be.

Breast reconstruction surgery is an elective procedure that can recreate the appearance of natural breasts from whatever tissue a woman's chest is in after partial or full removal of one or both of her breasts.

This procedure is available through hospitals, but the problem is many women are unaware of this option and how accessible it is.

According to Dr. Robert Shender, a plastic surgeon and reconstructive surgeon at The Cancer Surgery Clinic in Waterloo, between 10 and 30 per cent of women who have had a cancer-related breast surgery have had reconstructive surgery.

"This is a number that Shender has pushed the light to generate."

Reconstructive surgery will take a half or a third of a woman's breast off and say "you'll be fine," said Shender,

emphasizing one of the reasons women aren't well informed about their options.

"We don't emphasize mastectomy and let them go into those problems, but yet we drop off a woman's breast and say 'Goodbye, have a nice life,'" he said.

Shender has been performing reconstructive surgery for 15 years and said that a low level of awareness isn't the only problem. While some women may not know about their surgery options, women who know the procedure is available may have a lot of misconceptions about it.

One of the major misconceptions surrounding breast reconstruction is that it takes the same amount of money as a mastectomy procedure, but in fact the price from start to finish is completely covered by the Ontario Health Insurance Plan.

The misconceptions don't end here: they continue as often a woman has made the decision to have reconstruction.

Reconstructive surgery does not need to be put off for even a week after a mastectomy.

"The best way to do it is on the day of your mastectomy,



Supporters of breast reconstruction dance to their style on Breast Reconstruction Awareness Day in Ottawa Waterloo on Oct. 12.

PHOTO BY JESSICA BISHMAN

Women think 'I'd could be done and go to sleep with this breast, it would be great if I could make up with one' and then they wake up."

The debunking of some of the related misconceptions is one of the reasons Shender is

joining the campaign to raise awareness of breast reconstruction — a campaign that kicked off with some fun on Oct. 12 in Ottawa Waterloo.

A flash mob of volunteers at Waterloo Town Square captured the atten-

tion of passersby at approximately 12:15 p.m. While people watched curiously, they were handed out for the Breast Reconstruction Awareness Day drivers on the 17th, where Shender was the guest speaker.

Cost of Alzheimer's to balloon to \$153b by 2038

BY JESSICA BISHMAN

Alzheimer's disease has a significant impact on Canada's families and society. It costs \$15 billion per year to support people with Alzheimer's in Canada, and it's expected to cost \$150 billion per year by 2038.

The cost is rising due to people living longer and because there will be a higher number of older adults at that time, according to Dr. Myerson, public education coordinator of the Alzheimer Society of Cambridge. She explained what Alzheimer's is, its impact, and how to prevent it during her visit to Trinity Anglican Church in Cambridge on Oct. 12.

"If someone is worried about themselves, or a friend or family member, they really should go see a physician," she said. "But when they begin to see the symptoms of Alzheimer's, that's when they need to get checked out."

The 12 warning signs of Alzheimer's disease are more or less like that: difficult day to day activities, difficulty performing tasks that have been familiar to someone that while life problems with complex language skills, disorientation, impaired judgment, problems with short-term memory, maintaining things typically, changes in mood and

behaviour, changes in personality and loss of autonomy.

If someone thinks he has Alzheimer's disease, or a friend or family member thinks he does, the person should have a series of medical tests. Typically doctors will want to know the person's medical history as well as his mental status. He will then have to take part in a physical exam and several laboratory tests. Less often, he will have to go through psychological evaluation.

Myerson explained why it's important to have an early diagnosis like and a person could reduce the risk of delirium, get confused, remain in a hospital and even demand difficult.

"When someone has Alzheimer's disease, their families are often amazed and because they have trouble doing it themselves," said Myerson. "Up to this point, that person is able to perform basic functional tasks."

An early diagnosis also allows people time to adjust to having the disease and provides them with the opportunity to plan for the future.

Myerson described various ways to prevent and reduce the risk of Alzheimer's disease. She said people need to think more about their

brain health and activity, and make healthy food choices by following the Canada Food Guide. It's also important for someone to keep their brain active, stay physically active and socially connected and take charge of their overall health. Reducing stress and being curious about safety are also key factors in preventing Alzheimer's.

The Alzheimer Society of Cambridge offers volunteer opportunities, support groups and counselling.

"We support research to find the cause and cure for Alzheimer's disease," said Myerson. "We also offer education to professional caregivers and families of people with the disease."



PHOTO BY JESSICA BISHMAN

All Member (left) explains what Alzheimer's disease is, and what the Alzheimer's Society of Cambridge does, at Trinity Anglican Church in Cambridge on Oct. 12.



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You can eat locally even in winter

BY GALEEN MCCALLUM

These days it seems that almost anything is "Canadian" and almost everything is "made in China." Even the food we eat often comes from tens of thousands of kilometers away, and because of this, Canadians are able to eat winter fruits and vegetables year-round.

While importing foreign food is beneficial for the world economy, it is also important to buy locally produced food.

And eating local is easy, even in the winter.

According to Roadside Waterbury Region, "You can eat local food as every month as any given day of the year. It's just a matter of being prepared." Even with cold temperatures that discourage and markets closing down for the season, there are countless foods that are available, and even harvested throughout the winter months and year-round.

Potatoes, for example, are generally harvested until Nov. 15, but are always available. Spinach, garlic, herbs, pears, watermelons, squash, sweet potatoes and turnips are also available locally until late winter.

And don't forget about meat, eggs and dairy, which are all produced and available from Dec. 1 to Dec. 31.

For those foods that are only available throughout the summer and fall months, Postcard Waterbury Region suggests looking up an "Urban Fruit and Vegetable" in the summer, and either freeze or preserve the excess for winter consumption.

Not only does eating as locally as possible benefit our farmers, it is also given buyers a more environmentally friendly option.

"Transportation and food is a pain," said Tim Stevens, owner of The Farm Fresh in Cambridge, adding that eating local is a "green idea."

Locally grown produce is also less than

"Canada is not under the same rules," said Stevens. "Produce in South America or China wouldn't be legal or available in Canada."

And according to Bill Stevens from Thames River Melons in Innesburg, locally produced food is fresher.

"If the food is fresher, it is therefore healthier," said Stevens, adding that locally produced food is not only locally produced but also transported in a day. "In 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 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 Leaves Wax Night Club at 12:15am & 12:45am

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